

Safekey Unit

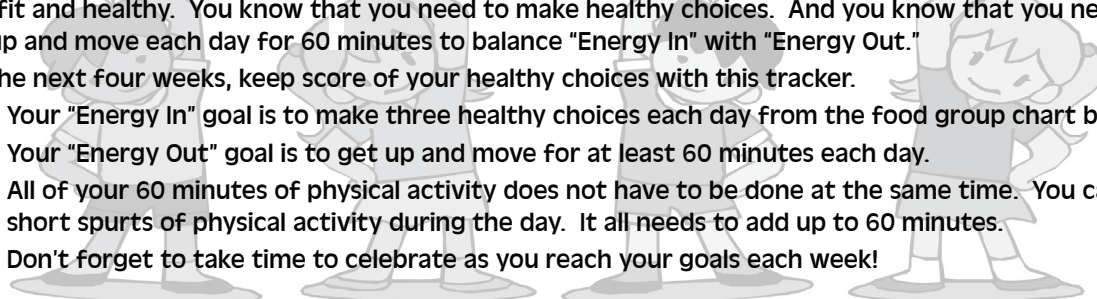
Fit Kids Club

"Energy In" Tracker Log

Are You Ready to Keep Score of How you ReCharge!? You are learning many new ideas and ways to stay fit and healthy. You know that you need to make healthy choices. And you know that you need to get up and move each day for 60 minutes to balance "Energy In" with "Energy Out."






For the next four weeks, keep score of your healthy choices with this tracker.

- Your "Energy In" goal is to make three healthy choices each day from the food group chart below.
- Your "Energy Out" goal is to get up and move for at least 60 minutes each day.
- All of your 60 minutes of physical activity does not have to be done at the same time. You can do short spurts of physical activity during the day. It all needs to add up to 60 minutes.
- Don't forget to take time to celebrate as you reach your goals each week!








TRACKING YOUR "ENERGY IN"

Make at least three healthy choices each day. Track at least five days per week!

WEEK 1	 I had GRAINS Group Food	 I had VEGETABLES Group Food	 I had FRUITS Group Food	 I had MILK Group Food	 I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						






TRACKING YOUR "ENERGY IN"

Make at least three healthy choices each day. Track at least five days per week!

WEEK 3	 I had GRAINS Group Food	 I had VEGETABLES Group Food	 I had FRUITS Group Food	 I had MILK Group Food	 I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						






TRACKING YOUR "ENERGY IN"

Make at least three healthy choices each day. Track at least five days per week!

WEEK 2	 I had GRAINS Group Food	 I had VEGETABLES Group Food	 I had FRUITS Group Food	 I had MILK Group Food	 I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

TRACKING YOUR "ENERGY IN"

Make at least three healthy choices each day. Track at least five days per week!

WEEK 4	 I had GRAINS Group Food	 I had VEGETABLES Group Food	 I had FRUITS Group Food	 I had MILK Group Food	 I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

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"Energy Out" Tracker Log



Tips for Tracking "Energy Out"

- **Choose an activity.** Just about any activity where you're using large muscle groups and burning energy counts. Playing football. Taking a karate class. Even doing chores around the house. You can track your "Energy Out" by yourself or together with family and friends.
- **Get active.** Your goal is to meet your daily activity goal (60 minutes a day at least five days a week).
- **Track your activity.** Your Tracker Log makes it easy for you to track the time you spend on activities in amounts as short as five minutes.

TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

WEEK 1	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

WEEK 3	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

WEEK 2	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

WEEK 4	Activities	Minutes	Were you active for 60+ minutes today?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			